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City man faces murder charges after victim dies

COURT A city man charged with attempted murder earlier this month now faces a charge of second-degree murder after a man died in hospital yesterday morning.

The city man who was found beaten near the Ottawa River earlier this month succumbed to his injuries.

Kenneth Dabene, 52, was found beaten near the Ottawa River in the area of the Prince of Wales Bridge on the evening of July 18.

Gus Tavares, 46, appears in court this morning, where he will now face a charge of second-degree murder.

This is Ottawa's fourth homicide of the year.

TRACEY TONG/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Lady Dive Tours guide Lynne Lessard checks for raindrops as guests on the upper deck of the company's double-decker bus scurry for cover from a flash downpour yesterday afternoon.

Hoping for dry August

Tourism industry buffeted by 'challenging set of circumstances'

TIM WIECLAWSKI
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With the weak global economy, new passport regulations for U.S. tourists and a strong Canadian dollar, Ottawa's tourism industry was bracing for a rough summer.

Add a cool and soggy July into the mix and it makes for "the perfect storm."

"It's probably the most challenging set of circumstances we've seen in quite a while," said Jim Dean, marketing director of the Haunted Walk.

Dean said they have had a noticeable drop in business so far this season, most significantly relating to advanced reservations.

"It seems like people are really waiting until the last minute to see if the weather is going to co-operate, which is different than the past summers," he said. "We're looking forward to August, hoping it's going to be a little nicer than July has been."

Diane Beauchesne, owner of Lady Dive Tours in Ottawa, estimated that business is down around 25 per cent compared to the year before.

"People don't want to come here if it rains all the time and they don't want to get out if it's raining," she said.

Beauchesne said last year the amphi-bus and the double-decker were sold out for most tours during the summer, but this year there are almost always some empty seats and she has even had to cancel some evening tours.

"The season is definitely not a write-off, but if we keep going the way we are throughout August then the rain is going to hurt a lot more."
Kurt Huck, owner of Capital Cruises

The worst is days like yesterday, said Kurt Huck, owner of Capital Cruises, when a brief 10-minute downpour in the afternoon can ruin business for an otherwise nice day.

Huck said he's hoping for a dry August and fall. He said many visitors still come for tours in October to see the leaves changing colour.

"The season is definitely not a write-off, but if we keep going the way we are throughout August then the rain is going to hurt a lot more," he said.

As of last May, hotel occupancy in Ottawa was down two per cent compared to the year before, according to Jantine Van Kregten, director of communications with Ottawa Tourism.

She said anecdotal evidence suggests that bookings are even softer for June and July, but Van Kregten said it's difficult to say how much weather affected travel plans, especially when so many other factors come into play.

OC Transpo fined $5K for not calling out stops

TIM WIECLAWSKI
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TRANSIT The Canadian Transportation Agency (CTA) has fined OC Transpo $5,000 for failing to call out major and requested stops on all of its routes.

The city was served with the penalty notice yesterday morning, and is requesting the evidence from the CTA in order to conduct its own investigation.

According to a city spokesperson, OC Transpo could appeal the penalty, but will decide on a next step following the investigation.

The CTA had given OC Transpo 20 days to conform to a November 2007 decision that a failure to call out stops was an undue obstacle to transportation for persons with a disability, in this case, persons with visual impairments.

An investigation this summer found instances where drivers are still failing to call out stops.

The CTA plans to continue monitoring OC Transpo drivers.

A second offence could result in a penalty of $12,500 and a third would be $25,000, the spokesperson said.

"We trust that OC Transpo will ensure that major and requested stops are called out and join the ranks of other service providers who have helped make Canada's transportation system accessible to persons with disabilities," said Geoff Hare, chairman and CEO of the Canadian Transportation Agency.

Your Money pg 8

Budget before baby comes

Celebrity Buzz pg 14

MJ's daughter named for heiress?

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Firearm call leads to arrest

Police responded to a call regarding a person with a firearm Sunday night. At 9:30 p.m., police attended the 2000 block of Grays Creek Road. One person was taken into custody. There were no injuries. **METRO OTTAWA**

Local

Be safe in construction zones: OPP

Ottawa Ontario Provincial Police have issued a reminder to motorists to be aware of construction zones during the summer months and to drive according to the speed indicated on the signs. Speeding fines are increased in construction zones when workers are present, police said. METRO OTTAWA

Battle for affordable housing

Huge waiting list shows government not doing enough: Advocates

TRACEY TONG
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More affordable housing is needed in Ottawa, local housing and homelessness advocates said at a housing consultation last night.

At the event, held by the provincial government, agencies including the Ottawa branch of the Housing Network of Ontario, the Alliance to End Homelessness, and the Centretown Citizens Community Association stressed to Minister of Municipal Affairs and Housing Jim Watson that everyone deserves a home.

"Ensuring people have access to safe and affordable housing is a priority of mine."
Minister Jim Watson

"In our city, there's a high number of individuals using a homeless shelter, and a big cause for that is the lack of affordable housing," said Alliance to End Homelessness chairman Perry Rowe at the forum, which was hosted by Watson.

"There's a long social housing waiting list," said Rowe.

In 2008 in Ottawa, 7,045 individuals used homeless shelters, 1,116 households were at the point of eviction and 9,692 households were on the social housing waiting list.

"The lack of affordable housing is a critical issue for a high number of low-income clients who reside in the Somerset West CHC catchment," said Vicky Smallman, advocacy committee chairwoman with Somerset West Community Health Centre.

The issue of affordable housing goes beyond the homeless, said Andrew Aitken.

"I'd like some attention paid to the aging population — it's the biggest group of Canadians," said Aitken, who is on the board of directors for the Centretown Citizens Community Association and sits on the seniors committee.

In Centretown, there's a huge waiting list for affordable housing and subsidized housing as well as a shortage of low-rent and low purchase price homes, he said. Many of the seniors that live there bought their homes in the '50s.

"Now, the property tax is too much for someone who's on a fixed income," he said, adding that when they move for more affordable housing, they become isolated and lose their friends and support network.

The groups asked Watson to increase funding for affordable housing and to assist tenants who cannot afford Ottawa's rents.

The meeting was "a great chance to listen and learn from the residents of Ottawa," said Watson. "Ensuring people have access to safe and affordable housing is a priority of mine and we all share in the responsibility of making this a reality."

Police are seeking to identify these two women.

Cops seek pair after taxi robbed

CRIME Police are asking for the public's assistance in identifying two young women after an Ottawa taxi driver was assaulted and robbed.

Police said at 1:26 a.m. on July 15, a Blue Line taxi operator picked up two females from the ByWard Market area and drove them to Baseline Road and Woodroffe Avenue. When they arrived at this location, a struggle ensued inside the car.

Police said the driver was assaulted and had his evening fare money stolen. The two females fled the area and were last seen eastbound on Baseline Road.

Police are seeking two white females, both 19 to 20 years old. The first female has blond hair, with a mole on her left upper lip, and the second has long brown hair. Anyone with information is asked to call police at 613-236-1222, ext. 5403.

TRACEY TONG/METRO OTTAWA

Take a break from your vacation to donate blood

TRACEY TONG
tracey.tong@metronews.ca

HEALTH The approach of the long weekend means more people in their vehicles, taking to the bike trails and heading to the cottage. And while that could mean an increased number of collisions and accidents, the number of blood donors goes down every summer, said a local spokeswoman for Canadian Blood Services.

Last summer saw a 40 per cent drop in donations, Jennifer Ciavaglia said yesterday.

"It happens every long weekend and at Christmas time, when people travel," she said. "It's a challenge every year. What happens is we get into the summer season, and regular donors may not make appointments because its vacation time," she said.

While there may be the "possibility of more trauma victims," with more people out and about, Ciavaglia said "patients in hospitals need blood for a whole host of reasons — for surgeries, chronic blood illness and for the treatment of cancers.

"The need for blood remains, yet it's harder to bring donors through the door in the summer."

Open on holiday

- This year in the Ottawa region, Canadian Blood Services is making it easier for people to donate — the city's blood clinic on Carling Avenue is open on the civic holiday Monday.

SUBMITTED PHOTO

Competitive cyclist Sylvie D'Aoust founded Cyclefit Chicks, Ottawa's first female-only bike club, to encourage women to get involved with cycling in a fun and supportive environment.

Group a boost to female cycling

MJ DESCHAMPS
for Metro Ottawa

FITNESS Over the years, competitive cyclist Sylvie D'Aoust has ridden in a lot of bike clubs with a lot of guys, and she's always found that women have a supportive attitude instead of a competitive one.

That's why the Cyclefit spinning studio owner put together Ottawa's first female-only bike club — to encourage women to get involved with cycling in a fun and supportive environment.

Now in its second year, D'Aoust said that the benefits of Cyclefit Chicks have really become clear.

"This is a great place for a lot of those solo riders out there to come together and meet other female cyclists, network, build friendships and gain important cycling partners — women feel a lot more comfortable when they're with a bunch of other women who are there for the same reasons as them."

The 52 Cyclefit Chicks club members meet every Monday night in Gatineau Park for group cycling and skill-building, as well as some good old socializing.

"For the women who are just beginners especially, building those social relationships with other cyclists is just as important as building all these new skills," said D'Aoust.

While some of the hills and turns that the Chicks ride and practice on are quite difficult, D'Aoust said that there are just as many beginner cyclists in the club as advanced ones.

"Even if they're not training to be competitive cyclists, it's just about taking the opportunity to put yourself out there with your bike and learn without being intimidated," she said.

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These results are not official.

Via Rail offering ticket discounts

Via Rail says its passenger rail service should be back to normal yesterday after a two-day strike, offering discounts of 60 per cent on tickets to all destinations to woo back customers, CBC News Online reports. To take advantage of the discount, travellers must buy their tickets by tomorrow, and take their trips by Dec. 14. METRO NEWS SERVICES

Canada

Planes ending cross-country trek

A group of small planes has begun arriving in Sydney, N.S., ending a cross-Canada journey marking the 100th anniversary of powered flight, CBC News Online reports. The vintage and modern planes are part of Century Flight, which began in B.C. on July 17. They stopped in cities across the country as they headed east to Nova Scotia. METRO NEWS SERVICES

Stepping up Arctic sovereignty efforts

Canada to counter rival claims to North with research, military exercise, visit by PM

Canada will wave the flag in the Arctic this summer with a show of force, a high-profile political visit and some undersea research it hopes will help lay claim to new areas of untapped oil and gas.

Ottawa's continuing focus on the Canadian North comes as other nations, notably Russia and Denmark, step up their own efforts to exercise northern sovereignty.

Canada and the United States today will discuss ambitious plans to jointly map vast sections of the Arctic seabed, a process that will help each nation's sovereignty claims in the isolated region.

Next month, two icebreakers, one from each country, will begin their work in the western Arctic using sonar and seismic measurements to plumb and map the undersea depths.

"At the end of the day, each country will submit its proposition to expand its continental shelf," said a senior government official.

The mapping work is considered essential to Canada's bid to extend its territorial stakes as it collects research information needed to back its claim, due by 2013, before an international commission.

Meanwhile, the final touches are being put on a major military exercise that gets underway in the region of Baffin Island next month.

Working on the scenario that an aerial drone from a foreign nation has crashed on a remote island, the exercise will involve CF-18 fighters, Aurora patrol aircraft, a frigate and submarine, as well as a regiment of soldiers.

Prime Minister Stephen Harper is expected to witness some of the mock military activity when he heads north for an Arctic tour.

TORSTAR NEWS SERVICE

Development

- During Prime Minister Stephen Harper's summer Arctic tour, he's expected to visit Iqaluit, Nunavut, to talk about plans for a new regional development agency.

News in brief

STRIKE The City of Toronto has reached a tentative deal to settle a strike by outside civic workers that had halted garbage collection and other services for more than a month, union officials said yesterday. A deal with a second striking union, which represents Toronto's indoor workers, including city-run daycares and building permit offices, is still pending.

WATER Despite water restrictions in Montrose, B.C., many homeowners are watering their lawns in the middle of the night in defiance of a municipal bylaw. Consequently, Selkirk Security has been contracted by the village to monitor residents between midnight and 6 a.m. With B.C. in the middle of a heat wave and water levels falling, water restrictions are being widely enforced. METRO NEWS SERVICES

Canada appealing EU ban on seal products

TRADE Canada is admitting it has lost the "PR battle" as it turns to an international trade panel in a bid to overturn a European Union decision to ban Canadian seal products.

Just hours after the European Union Council confirmed its ban, federal ministers announced that they would appeal the case to the World Trade Organization.

Fisheries Minister Gail Shea charged that well-funded special-interest groups have turned the tide of public opinion in Europe against the seal hunt — and used the controversy to financial advantage.

"This has become a cash cow for them," Shea said.

Yesterday, a majority of the 27 EU states voted to ban seal products, while giving an exemption to products from "traditional" hunts by Inuit and other indigenous people "to ensure their subsistence."

Canada has taken the first step to appeal, saying it was seeking "consultations" with the WTO on the ban. TORSTAR NEWS SERVICE

CHRIS WATTIE/REUTERS

Fisheries Minister Gail Shea pauses during a media conference yesterday with Trade Minister Stockwell Day on Parliament Hill in Ottawa.

Disgraced Quebec adviser arrested

CRIME Following weeks of worry and grief on the part of his alleged victims, Earl Jones's troubles are about to begin.

The disgraced financial adviser, alleged to have defrauded dozens of investors out of millions of dollars, was finally arrested yesterday at the office of his lawyer, Jeffrey Boro.

Jones, an unregistered financial adviser on Montreal's west island for decades, will be arraigned in court today, probably on charges of fraud or theft, according to those close to the case.

Tomorrow, he'll be the subject of a court petition to declare his company bankrupt and divide the assets among his victims.

TORSTAR NEWS SERVICE

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Dillinger pistol fetches $95,600 at auction
A small pistol belonging to 1930s gangster John Dillinger has been sold at auction to a private collector for $95,600 US — more than double the pre-sale estimate, the auction house said. REUTERS

World

Flight grounded by coffee maker aroma

The electrical smell that caused a Southwest Airlines flight to make an unexpected landing Sunday was caused by a coffee maker in the back of the aircraft, a company spokesman said yesterday. The coffee maker was in the back galley of the Boeing 737. The flight from Connecticut to Orlando, carrying 131 passengers and 5 crew, was forced to land at Long Island Islip MacArthur Airport shortly before 8 a.m. REUTERS

Protests in Iran to continue: Mousavi

ELECTION Iran's opposition leader Mirhossein Mousavi said yesterday the pro-reform protests which erupted after the country's disputed June presidential vote will continue, his website reported.

Moderate defeated candidates Mousavi and Mehdi Karoubi on Sunday called on the authorities to permit a gathering on Thursday at Tehran's Grand Mosala, a prayer location where tens of thousands can gather, to commemorate unrest victims.

The June 12 vote plunged the country into its biggest internal crisis since the 1979 Islamic revolution and exposed deepening divisions in its ruling elite.

Mousavi, prime-minister in the '80s, said detentions could not halt the pro-reform movement. REUTERS

U.S., China meet

The United States urged China yesterday to spend more at home and export less to help restore a sustainable pace of global growth, saying the two countries shared common ambitions despite their divisions.

Opening two days of bilateral talks, U.S. President Barack Obama said America and China need to overcome mutual wariness and deepen co-operation on everything from the global economic crisis to climate change and North Korea.

"Let's be honest: We know that some are wary of the future," Obama said, acknowledging the two countries would never see eye-to-eye on every issue.

"The relationship between the United States and China will shape the 21st century, which makes it as important as any bilateral relationship in the world," he said. The Obama administration has sought to tread gently on sensitive issues, although the president risked Beijing's displeasure by urging it to respect its ethnic and religious minorities.

"Just as we respect China's ancient culture and remarkable achievements, we also strongly believe that the religion and culture of all peoples must be respected and protected, and that all people should be free to speak their minds," he said. REUTERS

North Korea

- Obama said the U.S. and China "must continue our collaboration to achieve the denuclearization of the Korean peninsula and make it clear to North Korea that the path to security and respect can be traveled if they meet their obligations."

France Sarkozy to ease up a bit

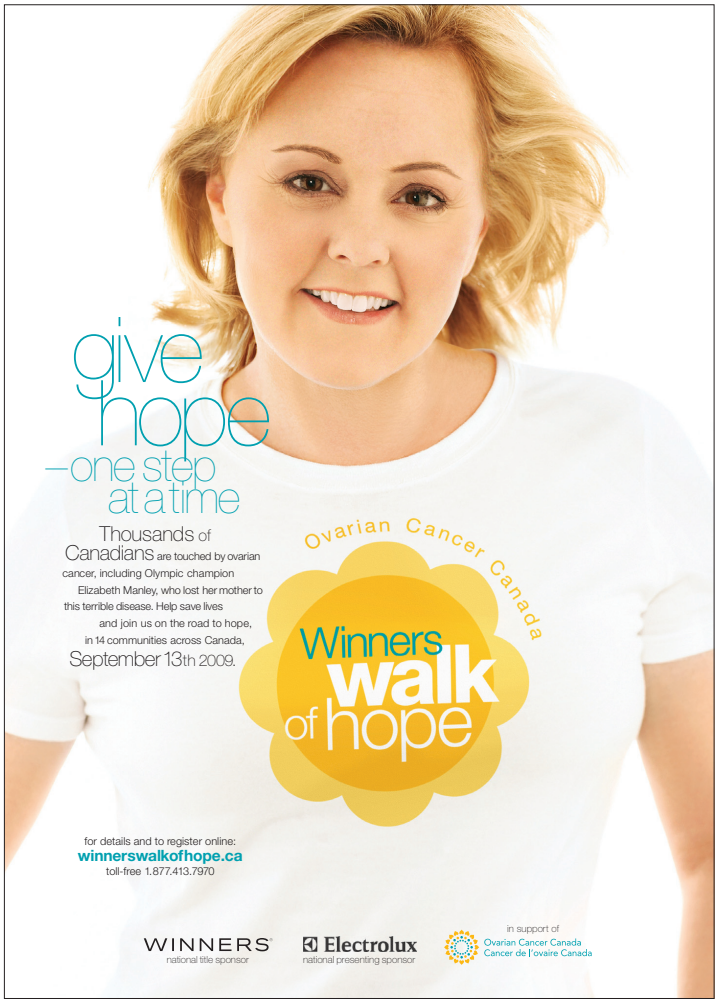
GONZALO FUENTES/REUTERS

France's President Nicolas Sarkozy waves as he leaves a Paris hospital yesterday. Sarkozy will reduce his workload for a few days after spending Sunday night in the hospital after falling ill while running, due to a combination of physical effort and tiredness, but not any cardiac problems, his office said.

News in brief

U.K. British immigration workers have voted for a 48-hour strike over changes in work conditions, a union said yesterday, in a move that threatens to disrupt ports and airports during a holiday period. The earliest the strike could be held is Aug. 4 and 5, a spokesman for the Public and Commercial Services union said.

EXPLOSION At least seven Palestinians were killed when fuel exploded in a smuggling tunnel beneath the border between Egypt and the Gaza Strip, Palestinian officials in Gaza said yesterday. The accident was one of the worst on record in the dangerous and illicit Gaza tunnel network. Smuggling of all sorts of goods, from livestock to diesel oil, is both an essential and profitable enterprise for Gaza, an enclave blockaded by Israel, whose Islamist rulers Hamas are pledged to continue armed resistance to the Jewish state. REUTERS



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U.S. shuts off news ticker
The United States has turned off a news ticker at its diplomatic mission in Havana that had long irritated the Cuban government. REUTERS

Hezbollah warns Israel

Tel Aviv will be attacked if bombs fall in Beirut

Hezbollah leader Sayyed Hassan Nasrallah threatened to attack Tel Aviv if Israel were to bomb Beirut's southern suburbs, a bastion of the powerful Shiite military and political group.

Hezbollah fought against Israel three years ago in a 34-day war after the group captured two Israeli soldiers in a cross-border raid. Some 1,200 people in Lebanon, mostly civilians, were killed and 160 Israelis, mostly soldiers, died.

Israel pounded Beirut's southern suburbs as well as mainly Shiite southern Lebanon where Hezbollah maintains a stronghold and from which Israel withdrew in 2000.

Israeli bombing also hit bridges, roads, airport runways, ports, factories, power and water networks and military installations, as well as the eastern Bekaa Valley.

Hezbollah's daily rocket barrages caused the destruction of some 2,000 homes and apartment buildings in Israeli cities. Tel Aviv was not hit by rocket attacks.

REUTERS

Arms cache

- Tensions between Lebanon and Israel have risen recently after a weapons cache exploded earlier this month in southern Lebanon. Israel has said the arms cache belonged to Hezbollah.

Gaza Strip **Sand therapy**

IBRAHEEM ABU MUSTAFA/REUTERS

A Palestinian therapist covers the bodies of patients with sand as a form of traditional treatment for the skin and muscles, on the beach in Khan Younis in the southern Gaza Strip yesterday.

News in brief

OPINION Honduras' de facto leader tried to persuade world leaders yesterday that he was not brought to power by a coup amid signs that U.S. backing for ousted President Manuel Zelaya may be waning. Seeking to shift the balance of world opinion and perhaps avert harsher U.S. sanctions, interim president Roberto Micheletti wrote an article in the Wall Street Journal yesterday arguing Zelaya's removal was legal and not a coup.

CEASEFIRE Afghanistan has struck its first ceasefire with the Taliban in a remote province before a presidential election next month, the government said yesterday, but the truce lasted only hours before clashes broke out. The deal in northwestern Badghis province, near the border with Turkmenistan, came amid an escalation of violence ahead of the Aug. 20 presidential poll.

DEATHS Two more British soldiers died in explosions in southern Afghanistan yesterday, bringing the total killed in the bloodiest month for British soldiers in the campaign to 22, the Ministry of Defence said.

SPACE A pair of spacewalking astronauts put the finishing touches on Japan's International Space Station research lab yesterday during a fifth and final outing before the shuttle Endeavour departs. REUTERS

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Comment

This party will rankle PM

NationalReport
Lawrence Martin

metronews.ca/nationalreport

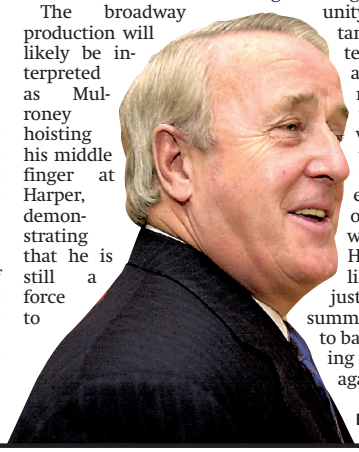
Much to the aggravation of Stephen Harper, Brian Mulroney won't go away.

Mulroney and friends are planning a huge party in Montreal in September to celebrate the 25th anniversary of their historic electoral triumph of 1984. That was the year the Progressive Conservatives won a record 211 seats.

Mulroney supporters were floating the idea of the big fete in the spring. It rankled Harper. He, we recall, had tried to make BM persona non grata in Conservative circles owing to the controversy with Karlheinz Schreiber, which was recently detailed at the Oliphant inquiry. Harperites were hoping the rough ride Mulroney got in those hearings would nix the notion of holding an event in his honour.

Not so. Not only will it go ahead, it will be one of the biggest bashes the party has held. An estimated 700 will attend. Big-time Tories will be out in full force.

The broadway production will likely be interpreted as Mulroney hoisting his middle finger at Harper, demonstrating that he is still a force to be reckoned with, that it was a big mistake to try to ostracize him. In highlighting 1984, he will be reminding the PM of what constitutes a real electoral triumph. As in, "Your puny minorities hardly stack up to what we did, Stevo."


Brian Mulroney

The mid-September bash will come right when the next election could be triggered, right when party unity is most important. The Harper team upped the ante in the Mulroney dispute a while back when it put out the word that he was no longer even a member of the party. It was a typical Harper tactic, the likes of which we just saw at the G8 summit when he had to backtrack for making false accusations against Michael Ignatieff.

Given the Schreiber affair, it's been understandable that the PM has wanted to keep Mulroney at a distance. But to go to such an extent was uncalled for. Now he faces the likelihood that the anniversary gala will evolve into a disruptive party loyalty test.

With a show of generosity, Harper could avoid the trouble. All he has to do is support the event — put out a statement saying that Mulroney made a serious error of judgment in respect to Schreiber, that he has apologized for it, but in no way should it take away from his great triumph in 1984. "Let's all celebrate it."

He could take that constructive course, but it's doubtful. As has been often demonstrated, the guy has a vampire's need to draw blood.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

GRAEME MACKAY

Views

Aboriginal youth don't dare to dream

Laura Eggertson

FocusOn FirstNations

It is not exaggerating to say Shawn Atleo, the new national chief of the Assembly of First Nations, carries to Ottawa the responsibility of improving the lives of the rising generation of young Aboriginals who could be one of Canada's greatest resources.

Among those Aboriginal youth are my own daughters, aged 18 and 15, and, come October, my first granddaughter.

As their advocate with the federal government, and the most visible symbol to most Canadians of First Nations' aspirations, part of Atleo's job is to voice the hopes and dreams of young Aboriginals.

The problem, as my daughter Miranda tells me, is that many young people living on reserves where she has recently lived don't dare to hope.

"The native kids I know — they don't even have dreams," she says. "They just have to get through the day. They don't think about the future because it's the same thing every day."

Many First Nations youth Miranda has met during the last two years of her own journey wake up wondering if there's enough food. They seldom get up to an empty house; overcrowding is rife in inadequate housing on our First Nations. Often, they awake to the aftermath of substance abuse or violence in their communities. They may go to school; they may not, if, at high-school age, they must board with strangers in bigger cities to go to school. Boredom is constant; with few full-time jobs for adults, part-time jobs aren't even an option for most youth on reserves.

Miranda wants a different life for her daughter. She wants her to be healthy and to live drug and alcohol free. She wants to give her a stable upbringing with her two parents, untouched by the child welfare system. She wants her to have access to an education, so she can stand on her own two feet. She hopes her daughter will keep busy and dare to dream.

Most of all, my daughter hopes her daughter won't experience the inter-generational trauma Miranda suffered, born of the residential school experiences of her family members.

Atleo can't do it alone. He needs a federal government receptive to his advocacy, and a Canadian population willing to improve the lives of our Aboriginal Peoples.

I hope the new leader, our politicians, and all Canadians are ready to assist the next generation of Aboriginal children and youth in creating opportunities.

For the sake of my granddaughter — and all the others.

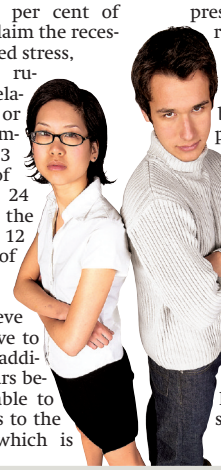
Laura Eggertson is an award-winning freelance journalist based in Ottawa, and a former Nieman fellow at Harvard University.

Worth mentioning

Love life also facing a downturn, poll reveals

Economic woes are taking a toll on marriages and relationships around the globe but the love life of Americans seems to be most stressed by the recession, according to an international poll.

Nearly 30 per cent of Americans claim the recession has added stress, strained or ruined their relationship or marriage, compared to 23 per cent of Canadians, 24 per cent of the French and 12 per cent of Germans.



Americans also believe they will have to work an additional 10 years before being able to retire thanks to the downturn, which is longer than Europeans or Canadians.

"Whether it's at home, in the boardroom or in the car showroom, people around the globe are affected by the recession," said Arkadi Kuhlmann, the president of ING Direct USA, which commissioned the poll.

"The long-term benefit is that people are cutting costs, saving more money, and learning to build a financial buffer for their future. Clearly, some of these global trends need to become a habit," he added in a statement.

REUTERS

Metro Online Poll Results

20% SAID YES

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Spike in U.S. new home sales boosts optimism

U.S. bank shares rose yesterday after a surprisingly large increase in U.S. new home sales and positive analyst comments increased investor optimism that the worst may be over for the troubled sector. Commerce Department data showed an 11 per cent increase in home sales in June, the biggest gain in eight years, to a still low 384,000 annualized pace. REUTERS

Business

DOLLAR	GAS	OIL	TSX
US 92.50¢	US $3.582	US $68.38	10,757.43
US 0.16¢	US 11.3¢	US 33¢	69.53

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ericsson sees robust margin

Telecom equipment maker Ericsson said yesterday it expected the wireless assets to be acquired from Nortel Networks Corp to produce a double-digit operating margin this year.

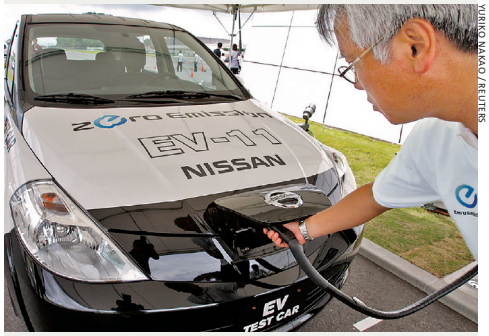
The deal, expected to close in the third quarter, will generate synergies in sales, services and research and development, said Ericsson chief financial officer Hans Vestberg during a conference call.

Vestberg, who is due to become chief executive at the turn of the year, said he agreed that the wireless acquisition could show an operating margin of more than 10 per cent this year.

The Swedish company said on the weekend it had won an auction to buy the wireless assets of Nortel in a $1.13 billion US deal. The company beat two other bidders — its smaller rival Nokia Siemens Networks and private equity firm MatlinPatterson. Ericsson said in a statement that it expected the transaction to have a positive effect on its earnings within a year of the closing the deal.

Research In Motion, the Canadian company that makes the BlackBerry smartphone, was also chasing a deal for the Nortel technology but has said Nortel effectively blocked its approach, valued at $1.1 billion US. RIM is expected to use a bankruptcy court hearing today to voice its objections about the bidding process. REUTERS

Japan **Charge!**



YURIKO NAKAO/REUTERS

A Nissan employee demonstrates the charging system for the company's new electric vehicle yesterday in Yokosuka, south of Tokyo. Nissan will unveil the vehicle's interior design Aug. 2.

Financials boost TSX amid economic recovery hopes

STOCKS Toronto's main stock index moved higher for a third straight session yesterday, helped by economic recovery hopes that lifted the financial group.

Similar to Friday's session, financials were responsible for propping up the TSX index — with a healthy 2.23 per cent gain — while six of the other main sectors fell.

Optimism triggered last week by the Bank of Canada's declaration that the recession was over has buoyed the financial sector, which has risen nearly seven per cent.

"It's primarily the financials. They're putting on a good show today but the oils and the materials seem to have faded on us here," said John Kinsey, portfolio manager at Caldwell Securities Ltd. REUTERS

Eight of 10

- Eight out of yesterday's 10 most influential gainers on the TSX were from the financial group.

Business in brief

COMMUNICATIONS Verizon posted a lower quarterly profit and said it would cut 8,000 jobs, as weakness in wholesale and corporate segments overshadowed wireless growth. Verizon, whose shares fell 2.6 per cent yesterday morning, said it would accelerate cost cuts in its landline business, with new layoffs affecting 3.4 per cent of its 235,000 workers. **ENERGY** Imperial Oil Ltd. said yesterday its Strathcona refinery in Edmonton is producing fuel as usual following a power outage more than a week ago that contributed to tight gasoline supplies in the region. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Budget before the bump

Plan before pregnancy for staying financially afloat

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

I am seeing babies and big bellies everywhere. On Saturday at my local farmer's market I constantly negotiate with one or the other between basil, beets and blueberries.

And since such markets tend to be intimate affairs I can't help overhearing the conversations of parents-to-be chatting with new moms and dads.

A frequent comment goes something like this. "We're excited but a little concerned about managing on my mat leave pay." As I cast my eye to the nearly full term tummy I'm thinking: Uh oh, a little late to start worrying.

The best way to prepare for maternity leave pay is to try it out long before the joyous day arrives. If you get in the habit of spending less to accommodate a lower income, you won't find it as much a hardship later on.

Start with the budget template on my site, alisongriffiths.ca. For income, use mom's mat pay (assuming it is mom who will be on leave) together with the partner's take-home income.

Don't forget to increase existing take home to factor in the additional tax deduction of a new dependent.

As you fill out expenses you will quickly see where you need to cut back in order to keep the bottom line a healthy black.

Of course, with two full-time incomes currently you should now have a surplus. Stash it in a baby account to be used for emergencies during maternity leave. On the other hand, if you are laden with debt, devote the surplus to paying it down. With a number of months of boosted payments you can make a big dent in what you owe.

Lower debt means lower stress for new parents.

The discipline of living on a "baby budget" in advance also offers you some post-mat leave flexibility.

If one parent decides to stay at home or work part-time you have a greater chance of making it happen if the habit of spending less is well ingrained.

The best way to relieve stress for new parents is to have your financial plan in place, well in advance of the bundle of joy.

Alison's Money Rule:

- If a new family is in your future, prepare for it financially before the wee one is even a sparkle in Dad's eye by living on a baby budget.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

What defines an employee?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Recently, the Canada Revenue Agency completed an audit on my construction business. I was fined for payroll taxes for three years including penalties and interest. I have up to three workers that work on an "as needed" basis and see no reason to do payroll. Who is right? This would bankrupt my business. — Vince

A Unfortunately, the CRA does not take breaks in lean economic times. In next year's personal tax filing, will they lower your taxes because of a bad economy?

Generally, many small businesses prefer to treat workers as "independent" because of time and payroll cost. In contrast, the CRA would prefer the opposite. The distinction between employee and self-employed is not always easily determined. On one hand, an individual that works for one company, at hours specified every day for a fixed amount would be considered an employee. Comparatively, an individual that provides services to several companies using his/her own expertise, independently prioritizing work and degree of service is considered self-employed.

Some of the following are used to determine whether a taxpayer is an employee or self-employed:

- The control test: Who determines when, where and how the services are to be performed? An employer would generally dictate the time, place and how services are provided.
- The specific result test: This test makes a distinction between "contract of service" and "contract for service." The former is considered an employee and the latter self-employed.
- The integration test: This test determines if an individual is an integral part of the company and is therefore an employee or is not integrated and is then considered self-employed.
- The economic reality test: Self-employed individuals bear economic risks such as financing equipment and tools, hiring help to operate the business and obtaining sufficient clients to succeed in the business. An employee does not bear such financial risks associated with being self-employed.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Investing

Allan Small

Allan Small looks at the quarterly results of companies in his market update. Visit metronews.ca/investing

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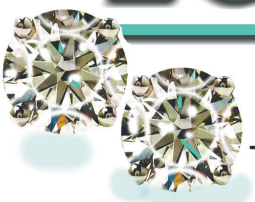

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Galaxy fan has lifetime ban lifted

The Los Angeles Galaxy fan who jumped onto the field during an exchange between David Beckham and the home crowd had his lifetime ban from the stadium rescinded yesterday. The unidentified fan jumped onto the field July 19 for a match against AC Milan after Beckham made what appeared to be an inciting gesture. METRO NEWS SERVICES

Sports

NFL reinstates Vick

Quarterback Michael Vick has been reinstated to the NFL on a conditional basis and a decision on his return to action will come by the sixth week of the regular season, Commissioner Roger Goodell said yesterday. Vick, who completed a 23-month criminal sentence for bankrolling a dogfighting ring, was free to sign with an NFL team, participate in practice and play in the final two preseason games. REUTERS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

BURRESS Manhattan's district attorney says he wants former Giants wide receiver Plaxico Burress to serve time in prison, the New York Post reported yesterday. Robert Morgenthau told the newspaper that Burress, who shot himself with an unlicensed gun in November, was willing to spend a year in jail, but prosecutors insisted on two.

BASEBALL Cleveland Indians manager Eric Wedge and pitcher Winston Abreu were suspended and fined yesterday after the reliever plunked a Seattle hitter over the weekend. Abreu received a three-game ban less than a month after he was traded to the Indians and Wedge was suspended for one game. Neither opted to appeal the ruling.

SOCCER Canadian goalkeeper Pat Onstad has pulled out of tomorrow's MLS all-star game because of a strained back. He will be replaced by Zach Thornton of Chivas USA.

METRO NEWS SERVICES

Green's day at Open

Australian Nathan Green ended a gloomy week in brilliant style by beating South African Retief Goosen on the second hole of a sudden-death playoff to win the 100th Canadian Open yesterday.

After four days of torrential rain, thunderstorms and lightning forced the $5.1-million tournament to a Monday finish, the skies finally cleared over Glen Abbey where Green fended off a late challenge from twice-U.S. Open champion Goosen to claim his maiden PGA Tour win.

Goosen rolled in a 15-foot eagle putt on the last hole of regulation play to join Green at 18-under and put pressure firmly back on the 34-year-old Australian, who still had two to play.

MIKE CASSESE/REUTERS

Nathan Green kisses the winner's trophy after winning the Canadian Open at Glen Abbey yesterday in Oakville, Ont.

Green, who twice birdied and eagled the 18th in earlier rounds, could not hold his nerve and settled for par to send the tournament to a playoff.

Stephen Ames was the best of the Canadians, finishing in a tie for eighth six shots back, while former U.S. Masters champion Mike Weir bogeyed two of his final three holes to finish eight shots off the pace. REUTERS

Coyotes bidders look to Canada

COYOTES A group of businessmen wishing to buy the Phoenix Coyotes has a creative plan for the team to play five games each season in Canada, likely in either Saskatoon or Halifax, to help keep it financially viable in Arizona.

That kind of thinking, figures Jim Balsillie, only supports his argument that the franchise belongs north of the border on a permanent basis. Balsillie, of course, is trying to bring the Coyotes out of bankruptcy and into Hamilton.

Friday was the deadline for bidders who wish to keep the Coyotes at their Glendale home to submit their formal bids. One bid, from Chicago Bulls and White Sox owner Gerry Reinsdorf, is worth up to $148 million (all figures US).

Another group of businessmen, calling themselves Ice Edge Holdings, submitted a "letter of intent" to buy the team for $150 million.

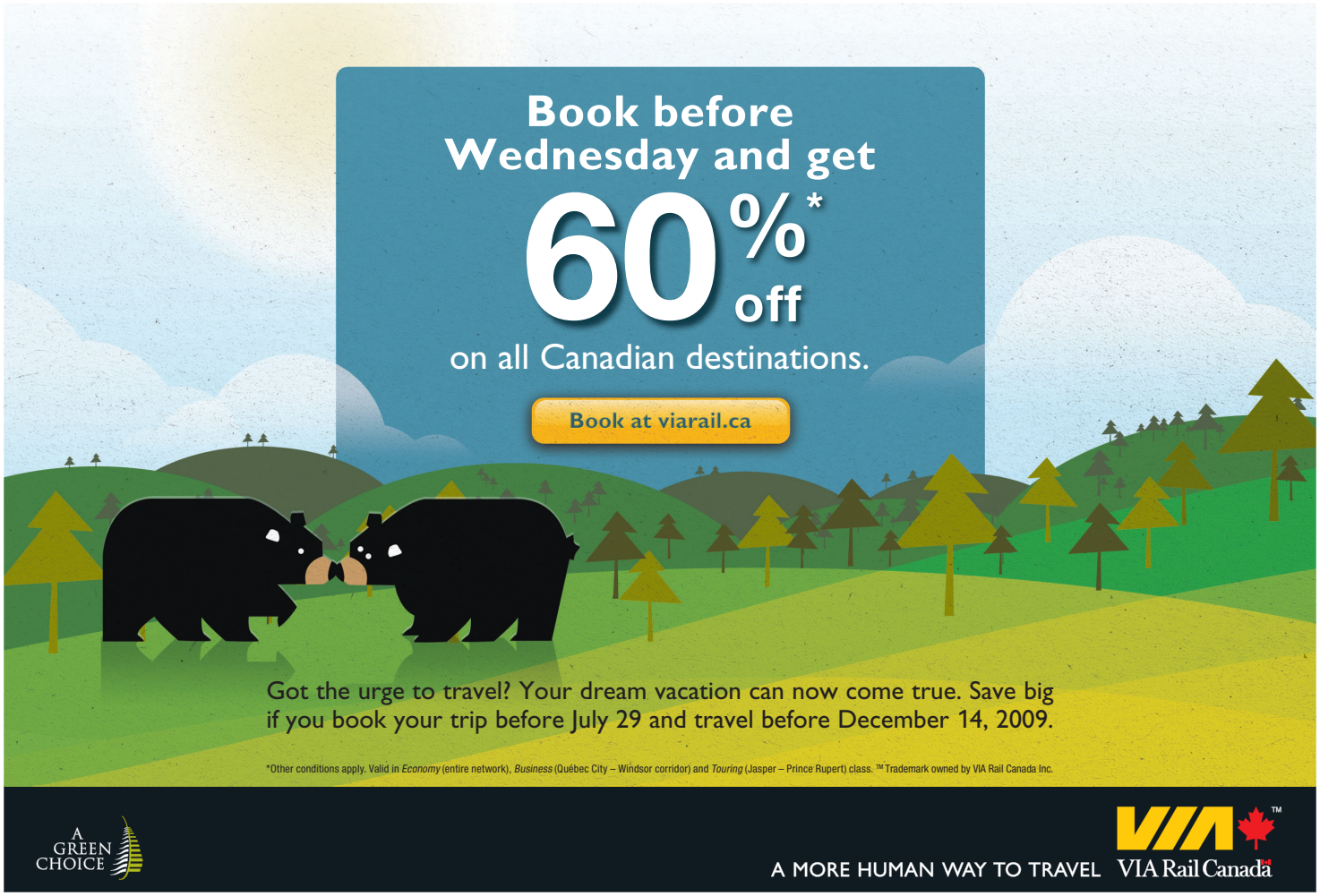
TORSTAR NEWS SERVICE

Massa out of coma, communicating: Dr.

FORMULA ONE Injured Formula One driver Felipe Massa has been brought out of an artificial coma, was taken off a respirator and has been able to communicate with his doctors and family representatives, his doctors said yesterday.

"His condition has improved significantly over the past 24 hours and he remains stable," the chief surgeon of Hungary's defence forces told a news conference.

Brazilian Massa fractured his skull in an accident during Saturday qualifying. REUTERS



Kids who snore

Three- to six-year-olds who snore are at risk for symptoms of depression, anxiety, and attention and language problems, say researchers. Knowing this may help parents identify their child's risk for emotional or academic problems. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Waxing and shaving ... fun?

Home wax strips and razors get gussied up

JANINE FALCON
For Metro Canada

Now that the home-waxing and razor industries have the technical side down with cold-wax strips, microwaveable wax, and multiple-blade shaving heads with built-in shave cream and gel bars, the next big concept in standard home hair removal is ... scented glitter wax? Fragranced razor handles? Well, yes.

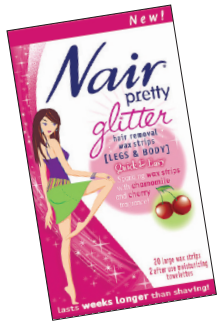
Scented hair-removal products aren't actually new. Sally Hansen has offered vanilla and lavender-fragranced depilatories since about 2005, BIC launched the Soleil Citron Shaver with citrus-scented handles in 2007, and countless shave creams are prettied up with fruity fragrance and conditioning ingredients. This year, razors from Gillette and wax strips from Nair joined the tease-the-senses ranks.

ISTOCK PHOTO

Make the mundane task of hair removal more girly with the various scented and glitter-adorned products now on the market.

Gillette's blade and razor claims technical leader Pam Zupkosky says the colourful, scent-infused elastomer handles on Gillette Venus Disposables Tropicals are "designed to make shaving more experiential." Translation: it's about making shaving less of a chore and more of a pleasant experience.

Nair's Pretty Glitter Hair Removal Wax Strips, amped up with the scent of chamomile and cherry or chamomile and apple, are coloured a corresponding red or green and blinged out with sparkles in the wax. "Glitter is all about aesthetics and making the product more fun and user-friendly for the first time user of waxing products," says Veronique Hamel, director of marketing for Nair.



Nair Pretty Glitter Hair Removal Wax Strips for legs, $8.99 per box of 20.

BIC Soleil Citron Shavers, $6.99 per 4-pack.

Gillette Venus Disposables Tropical razors, $9.99 per 3-pack.

The response? Ali de Bold, co-founder of social-media site ChickAdvisor.com, is a regular waxer but prefers unscented.

"My skin's fairly sensitive. I'd rather not have fragrance in my wax, especially since waxing already makes skin a bit more sensitive, at least temporarily."

But for others, making the mundane more girly is a bonus. "Hair removal is a task most of us don't enjoy," says Monica Sisson, a Toronto-based advertising entrepreneur. "Having a little scent would make it more enjoyable."

Sally Hansen Spa Wax Hair Removal Kit, $17.98.

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4 Tips to keep mosquitoes at bay

David Mizejewski, naturalist at National Wildlife Federation, provides his top tips to avoid summertime swarms:

- Water: Remove unnecessary standing water around your home. Typical hot-beds for mosquito reproduction are clogged gutters, flower-pot drainage dishes, children's play equipment and tarps.
- Birthbaths: Empty and refill birdbaths every few days. It takes a minimum of about a week for the metamorphosis from egg to larva to pupa to winged adult to be completed, so this eliminates any chance that your birdbath will serve as a mosquito nursery.
- Mosquito predators: Attract mosquito predators. Add plants to water gardens to attract frogs, salamanders and dragonflies and put up houses for birds and bats.
- Fans: Mosquitoes are not strong flyers and the breeze created by a fan is often all you need to keep a patio or deck mosquito-free.

METRO NEWS SERVICES

Teens smoking influences
There's twice the chance that teens and young adults will become smokers if they watched a high number of movies in early adolescence with characters smoking, according to a study in Pediatrics. BEST HEALTH MAGAZINE

Communication breakdown

Marital withdrawal symptoms can lead to depression: Study

The J Spot
Josey Vogels
metronews.ca/thejspot

ISTOCK PHOTO
According to a new study, both men and women can be equally lousy communicators.

You want to talk about it. He would rather stick a hot poker in his eye. You keep prodding. He leaves the room.

According to a new study in the June 2009 edition of the journal Personal Relationships, this kind of "demand-withdraw" communication is depressing, literally.

In relationships where a pattern develops when one spouse wants to continue discussing a marital disagreement even after the other spouse has tried to end the discussion by say, changing the topic or leaving the room (usually with the other spouse not far behind, still yakking), the study found increased levels of depressive symptoms (increased sadness, fatigue, poor sleeping and eating behaviours).

Interestingly, however, contrary to the stereotype (one I've in fact perpetuated with the above example), it's not always the woman pursuing and the man distancing.

According to the study's findings, when it comes to "demand-withdraw" communication within their relationship, husbands and wives both reported that they and their spouse took on the "demander role" and "withdrawer role" equally.

In other words, both men and women can be equally lousy communicators.

Given the impact this kind of communication clearly has upon one's mental health, it's in any couple's interest to invest some time in improving their communication style. "When relationship communication is better, we and our partners show fewer symptoms of depression," concluded the authors of the study, based out of the University of Wisconsin-Madison and the University of Notre Dame.

One of the best exercises I've ever encountered to help couples improve their communication is something called "mirroring." It's a bit like that telephone game you played at birthday parties as a kid. One partner says something to the other, and the other repeats it back and then asks if they got it right. If he or she didn't, the first partner clarifies what they said, and you repeat the exercise until the first partner is satisfied that the second partner has clearly understood.

In this way, instead of pushing each other's buttons, you're both listening and feeling heard — in other words, communicating.

It might sound tedious and artificial, but if you practice this a few times a week for several months, you'll be surprised how effective it can be in changing unhealthy communication patterns.

That is, if you can keep your partner in the room long enough to try it.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Online dating ... for your pet! Read more in Josey's Sexcetera blog: metronews.ca/blog

Don't sweat it: Tips to stay cool

CELIA MILNE
For Metro Canada

ISTOCK PHOTO
Avoid excessive sweating this summer by staying hydrated and wearing cotton or linen fabrics.

Can't stop sweating? We asked Mississauga, Ont., dermatologist Dr. Karen O'Neill for five tips to stay cool and dry this summer.

If you try these and are still sweating buckets, you might have a condition known as hyperhidrosis – or excessive sweating. It's estimated that as many as 910,000 Canadians may have this disorder, and it's certainly no fun at a meeting.

There are treatments available for hyperhidrosis, including Botox for underarms, low-intensity electric current, antiperspirant treatments (even for hands, feet and groin!), or surgery to cut the nerve that causes the abnormal sweating.

Here are O'Neill's tips to reduce sweat.

Stay hydrated and avoid "sweaty" foods — Keep a water bottle on you at all times and drink it throughout the day. Avoid sweat-inducing foods such as spicy foods, caffeinated beverages and alcohol.

Protect yourself from the sun — Wear sunscreen and sit in shady areas or wear a hat. If you're looking for a glistening glow, try a bronzer or self-tanner.

Talk to a dermatologist — For excessive sweating, speak to a dermatologist or visit sweatmanagement.ca.

Wear breathable fabrics — Choose cotton or linen and avoid nylon and polyester.

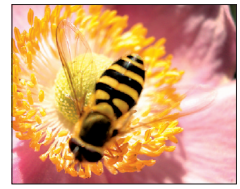
Sweat it out — Believe it or not, exercise makes it easier for you to stay cool because it improves your circulation. Also, excess fat in your body can act as insulation, making it more difficult to maintain your internal temperature.

Dealing with a bee sting

ALLERGY Fewer than one per cent of people have severe allergic reactions to bee stings (including hives, vomiting and fainting). If you or someone with you has been stung and shows symptoms of an allergy, call 9-1-1 right away.

But usually, a bee sting isn't a big deal. Just be the nurturing woman you are: Be quick, and scrape the stinger out of the skin using your fingernail or a credit card. Don't squeeze it or you'll release more venom.

If you have meat-tenderizing powder in your spice rack, make a paste with ice-cold water and apply it for 10 minutes. (An enzyme in the tenderizer breaks down the venom.) Otherwise, use toothpaste: It's among the world's best home remedies for bee-sting relief. An oral antihistamine will reduce swelling and itching. Apply ice wrapped in a cloth for 20 minute intervals; the coldness constricts blood vessels, slowing the spread of the venom.


Toothpaste is a great home remedy for bee stings.

besthealthmag.ca
Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca

Health in brief

WEIGHT LOSS Over-the-counter allergy and asthma drugs helped obese, diabetic mice lose weight and control their blood sugar, researchers reported on Monday. Three other studies strongly linked obesity and type-2 diabetes to a dysfunctional immune system, and researchers said these findings could lead to better drugs or perhaps even vaccines to treat the effects of both conditions. REUTERS

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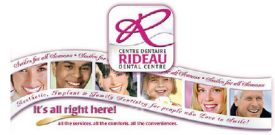

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REDUCE THE RISK OF CAVITIES WITH SEALANTS

Over the years, there have been many products developed to help reduce the incidence of tooth decay. One such product is called sealants

Tooth sealants are generally used on teeth that have deep grooves and fissures, such as molars. Food particles, plaque and bacteria are more likely to become trapped in the deep grooves of molars. This bacteria can lead to decay.

Sealants are a thin, plastic resin that a dentist will apply to the surface of a patient's teeth. As the resin dries, it bonds with the teeth and forms a smoother chewing surface.

The teeth are then protected in two ways. Firstly, a smoother surface is less likely to trap as much plaque and bacteria as a deeply grooved one. Thus the likelihood of bacteria accumulating on the teeth is reduced.

Secondly, the plastic resin actually makes the protective coating of the teeth thicker. In some children, the enamel coating on their six year molars is quite thin, particularly when the molars first erupt. The additional thickness provided by a sealant can be an important form of protection for such teeth.

Dr. Martin LaBoissonniere
Dental Surgeon

The question remains as to who should consider sealants as a treatment option. Sealants are most often used in children. However, anyone who suffers from thin enamel or has unusually deep fissures in their molars may want to consider this procedure.

Since the sealant is formed to the chewing surface of the teeth, the natural process of chewing will cause the sealant to wear down over time. The normal lifespan of the sealant is approximately five years, after which time you may want to undergo another treatment.

Nonetheless, not all patients are ideal candidates for sealants. All molars are somewhat grooved. As long as there are no unusual fissures that make it difficult to remove plaque with normal brushing, and as long as the enamel is thick enough to protect the teeth from decay, sealants may not be necessary.

Instead, proper brushing and flossing, along with regular trips to the dentist, should be sufficient to protect your teeth from decay. Ask your dentist for advice on such care. If your dentist feels sealants should be considered as an option, s/he can discuss that with you.

The key is to make sure your teeth are protected from decay. Because reducing decay is a healthy habit… and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
Dental Surgeon

Bloom to skip future Pirates movies

Orlando Bloom is bowing out of any future Pirates of the Caribbean sequels to spend more time with his girlfriend, Victoria's Secret model Miranda Kerr. "Orlando loved the films but thinks it's time to bow out," a source tells News of the World. METRO NEWS SERVICES

Entertainment

Supersize celebs

A Los Angeles McDonald's received a Supersize celeb visit on Sunday, usmagazine.com reports. Brad Pitt and Angelina Jolie pulled through the drive-thru to order food for their kids. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

The best of Incubus

Monuments And Melodies a collection of hits and rarities

KEITH CARMAN
for Metro Canada

Controversy sells. With many bands lacking musical integrity these days, that's the principle thrust behind pushing albums off of store shelves. The more spotlight you can bring to a musician's personal life or public misdemeanours, the more cash it generates for label pockets.

Occasionally though, some bands still sell music based on merit. Such is the case with Calabasas, Calif.-based alternative rockers Incubus. Spreading their metal/modestly hip-hop-influenced attack for almost 20 years, the band comprised of vocalist/guitarist Brandon Boyd, guitarist Mike Einziger, drummer Jose Pasillas II, bassist Ben Kenney and turntables/sampler Chris Kilmore are hot for their sounds, not their sensationalism.

Case in point: Latest effort, the double-disc package Monuments And Melodies (Epic) entered the world at No. 5 on the Billboard 200 chart. And when was the last time you heard about a fracas in the Incubus camp?

Well, you haven't. Initially calling a temporary hiatus on the band in 2008 to explore personal ventures, less than a year later, the outfit is already back with a greatest hits affair. After 20 years, most bands are itching to get away from each other. For Incubus though, they were going nuts without one another.

"A year for us is almost too much," Boyd admits of the downtime. "We missed each other. We're individuals but we've been so close over 18 years, to take a year away feels like four. This is why we're here on Earth — to make music. We can take breaks, but we can't stay away for long."

Getting the wheels rolling, the band jumped into forging Monuments And Melodies, a means of respecting obligations to their label/artist relationship, but also to shake off the stagnancy of their creative juices while gearing up to work on a seventh full-length due in 2010.

Aspiring to escape typical greatest hits trappings — simply pilfering from previously released material — Incubus worked diligently to create something different, resulting in two discs, one featuring the band's 13 most popular tunes and a second, more introspective effort compiling rarities, B-sides, soundtrack cuts, alternate song versions, three previously unreleased songs and a cover Prince's Let's Go Crazy.

"We knew what was going on the record," notes Boyd. "The hard part was deciding if it was the right time to do it and if so, how were we going to do it? Our audience is web-savvy and have created their own playlists a long time ago. It's beyond redundant to put out a greatest hits record that it's almost comical for a band to turn in a sequenced album of songs that everyone already has in this day and age. That's just repackaging the bread and selling it again. We wanted it to be worth peoples' time to get out there and steal it."

SONY MUSIC PHOTO

Monuments And Melodies, a two-disc compilation album by alt-rocker act Incubus, was released last month.

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DVD picks

Fast & Furious

Director: Justin Lin

IT'S VAROOM DÉJÀ VU for Vin Diesel and the gang, reunited for the implausible fourth in a series of gas-guzzling motor movies.

Diesel, Paul Walker, Michelle Rodriguez and Jordana Brewster spin their wheels to a maddening degree. After turning us all into street-racing freaks with The Fast and The Furious in 2001, the perpetrators of this guilty pleasure have steadily devolved the franchise into macho stunts and plots that are running on empty.

Director Justin Lin and screenwriter Chris Morgan, who last teamed for The Fast and the Furious: Tokyo Drift, waste precious momentum on reconnecting Diesel's Dom and his tough-chick girlfriend Letty (Rodriguez) with rogue FBI guy Brian (Walker) and his jilted gal Mia (Brewster).

Add to this a ho-hum tale of drug smuggling and heartbreak payback, and you could probably play a few games of Grand Theft Auto while waiting for it all to get into gear.

Gamers are indeed the target audience this time out: The hot rods take a back seat to GPS units and computer simulations.

When the rubber actually hits the road, shots are so CGI heavy and the editing so choppy as to render the results both ludicrous and incomprehensible.

Bart Got a Room

Director: Brian Hecker

A CHARMING coming-of-ager about the "prama" — that's prom plus drama — of finding a date for the annual high school right of passage.

Florida teen Danny (Steven Kaplan) is determined to attend his school's prom even though he's missing one essential item — a girl. His low self esteem takes a further jolt when he discovers that all of his classmates have not only landed dates, but also a post-prom hotel room — even geeky Bart, whose room status is a running gag.

Complicating matters is the freshly minted divorce of Danny's parents (William H. Macy and Cheryl Hines), who just want the best for their son, even as they cause further angst.

The movie is more interesting for its low-budget smarts than for its modest story. Rookie writer/director Brian Hecker called on friends and family to pitch in and make the film seem grander than its budget. The story is loosely based on Hecker's own "prama."

Hecker doesn't push things too far, and neither does his cast, and it all works well enough to make this prom worth a DVD date. The meagre extras include pop-up production notes that really make clear just how much a shoestring Hecker was working with.

Peter Howell/for Metro Canada

Posing for a good cause
Annie Lennox (shown), Amy Winehouse and Lindsay Lohan are among a host of stars who have posed for Bryan Adams to help raise awareness about the importance of hearing. FEMALEFIRST.CO.UK

HBO leads LGBT rankings

GLAAD report gives five US networks failing grades

HBO tops the Gay & Lesbian Alliance Against Defamation's third annual Network Responsibility Index, a study that evaluates the quantity, quality and diversity of images of lesbian, gay, bisexual and transgender people on television.

Among the five broadcast and 10 of the highest-rated cable networks, once again none earned the top "excellent" ranking, with five, including NBC and CBS, getting a "failing" grade.

Four networks were rated "good," led by HBO with 42 per cent representation of LGBT characters, a 16 per cent increase from last year. Virtually all non-sports original HBO series included LGBT content, with shows such as True Blood and The No. 1 Ladies Detective Agency lauded for featuring "complex and authentic LGBT characters from diverse backgrounds."

Also singled out in the report is ABC's drama Brothers & Sisters, which features three gay characters among its regular cast, as well as the network's Grey's Anatomy, which has a bisexual woman among the leads.

JOHN P. JOHNSON/HBO

Nelsan Ellis portrays Lafayette Reynolds in a scene from the HBO original series, True Blood.

Overall, "GLAAD analysts found that ABC consistently offers the most fair, accurate and inclusive representations of the five broadcast networks," the survey said.

With its comedy Modern Family, ABC also boasts two of the most prominent gay characters on a new fall series.

The CW is once again No. 2 among the broadcasters, mostly thanks to America's Next Top Model, whose seventh cycle featured transgender and bisexual contestants.

Fox significantly increased its LGBT representation, from four per cent to 11 per cent, and improved its grade from "failing" to "adequate," mostly because of bisexual characters on House and Bones. The network's comedy-drama series Glee, which premiered in May, "shows excellent promise" with its gay characters, the study said.

But GLAAD also noted that Fox's tally includes some "problematic LGBT content," including what it qualifies as a "homophobic critique" on So You Think You Can Dance by judge Nigel Lythgow and an "offensive" gay-themed episode of Family Guy.

TNT posted the biggest overall rise, from a single hour (one per cent) of content last year to 19 per cent, improving its "failing" grade to "adequate," mostly because of a regular character on Raising the Bar. REUTERS

Lost plans to resurrect first-season characters

TELEVISION The characters Juliet Burke (Elizabeth Mitchell) and Daniel Faraday (Jeremy Davies) will be back on ABC's Lost next year, along with several other characters who haven't been seen since the first season, producers said over the weekend during a panel presentation at the Comic-Con convention.

The revelation confirms reports that suggested a Lost reunion of sorts for the final season. In May's finale, the castaways detonated a bomb on the mysterious island in hopes of resetting the last several years of their lives.

The news was among a scant few tidbits dropped during a well-produced hour in San Diego that featured several new mock ads and parody shorts, but no new video from the final season. "There's a good chance you'll be seeing many characters you haven't seen since the first season again," said executive producer Damon Lindelof.

The final season, producers said, will in some ways resemble the first. "(In the first season, the characters) were running around the jungle, things felt intense and surprising and (there was) the emotional discovery about the characters," said executive producer Carlton Cuse. "We have a way that we're going to be able to do that in the final season too."

"The time-travel season is over, the flash-forward season is over. We're going to do something different."
Damon Lindelof

The show will also employ a new narrative device that's unique to the final season. "The time-travel season is over, the flash-forward season is over," Lindelof said. "We're going to do something different."

As for lingering mysteries about the show's story, "everything that matters we're gonna answer," assured Lindelof. REUTERS

TNT names cast of alien invasion pilot

TELEVISION Moon Bloodgood, Jessy Schram, Seychelle Gabriel and Maxim Knight have joined Noah Wyle on TNT's untitled alien invasion pilot from executive producer Steven Spielberg. The project is set shortly after aliens have wiped out most of humankind and centres on a ragtag group of resisters led by Wyle's character.

Kunis in talks to play Portman's rival

FILM Mila Kunis is in discussions to star opposite Natalie Portman in Darren Aronofsky's supernatural drama Black Swan. The movie centres on a talented ballerina (Portman) tormented by a rival who might or might not be a figment of her imagination. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/28/09	265	353	2	TVO	Blue Realm (DVS)		The Best of The Agenda		Marking Time		Linda and Ali: Two Worlds Within Four Walls		
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Knockout" (HDTV)		Big Brother 11 (N)		NCIS		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Monk (N)		America's Got Talent (N)		Cupid		Comedy Now
	196	311	7	CTV	Hollywood	Corner Gas	CSI: NY		Criminal Minds (HDTV)		Law & Order: SVU		News
	208	303	8	CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News
	117	713	10	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés (SC)		TVA 22 heures	Sucré-salé	Chevaliers du
	-	-	11	QS	Catherine (SC)	Criss Angel	Lipstick Jungle (SC)		Génération séduction		Piégé Zézé	Le Sport	Call TV
	137	763	12	TFO	Panorama été	Esprit	Tout simple	Villages	Peau d'ange (2002, Drame sentimental)			Folie-aventure	Esprit
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Knockout" (HDTV)		Big Brother 11 (N)		Medium (HDTV)		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Hell's Kitchen (N)		More to Love (N)		The Bachelorette (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Inside Hollywood		Better Off Ted	Better Off Ted	Ruby	Ruby	News/Eleven
	-	361	20	ABC	Action News	Entertainment	The Superstars (Season Finale) (N)			Better Off Ted	The Bachelorette (N)		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (N)		More to Love (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Primal Grill	Nova (DVS)		Nova scienceNOW (N)		P.O.V. Oxford's Mulberry Bush School.		
	205	312	104	CTV	Hollywood	Corner Gas	CSI: NY		Criminal Minds (HDTV)		Law & Order: SVU		News
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		The Third Sex		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball New York Yankees at Tampa Bay Rays. (HDTV) (Live)						MLB Baseball: Blue Jays at Mariners		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	World Extreme Cagefighting		2008 World Series of Poker		2008 World Series of Poker		SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Equalizer.		World Poker Crown		Soccer: Asia Trophy		
	411	457	56	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
family	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ways to Die	Ways to Die	Ways to Die	MANswers	MANswers
	521	560	34	TLC	Restorer Guy	Real Estate	Moving Up (HDTV) (N)		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids-Count
	145	761	35	TV5	Dieux et démons		Faut pas rêver				Expression	Montre-moi	Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane		Every Second Counts (2008, Drama) Stephen Collins.				House
	620	523	40	BVO	Quasar Quartet 6		Live at the Rehearsal Hall		Saturday Night Divas		Freddie Mercury		Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Against the Elements (N)		Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Deep Impact ★★ (1998, Drama) Robert Duvall, Tea Leoni, Elijah Wood.				
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Ghost Hunters		Stargate SG-1
	581	566	53	MTV	Super Sweet	Super Sweet	16 and Pregnant		16 and Pregnant "Maci"		Daddy's Girls	Daddy's Girls	MTV Live
	618	524	54	TROP	Power Play "The Mask"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	NCIS "Sharif Returns"		Lost Worlds		To Build a Nation		NCIS "Sharif Returns"		Nuclear Sharks
	129	773	60	CD	Biographies (HDTV)		Cités sous surveillance (HDTV)		C'est incroyable!		Alliance meurtrière (HDTV)		Images-chocs
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	602	567	62	W	Style by Jury	Friends	House	Style by Jury	Style by Jury	Style by Jury	Come Dance at My Wedding (2009, Drama)		
	269	350	70	APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	Hollywood	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	French Food	At the Table	At the Table	Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Dog the Bounty Hunter
In this episode, Duane "Dog" Chapman has his heart squeezed by his latest target: Mona Lisa. Dog's Mona Lisa is a young woman whose lifestyle has gotten her into some hot water. Since his own daughter Barbara recently died in a high-speed car accident, Dog is determined not to let Mona ruin her life. 5 PM on 56 OLN

NCIS
Not all the sparring is in the ring as NCIS Director Leon Vance "borrows" Gibbs' team for an investigation of his own into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance's past. Paula Newsome and Obba Babatunde guest star in "Knockout." 8 PM on 13 CBS 3 GTV

More to Love
Luke Conley, 26, a college football player-turned-subcontractor and real estate investor, is a husky guy seeking romance with a full-figured woman comfortable in her own skin. With 20 voluptuous ladies vying for his attention, he's bound to have fun trying. 9 PM on 15 CITY 36 FOX

Rob doesn't seek musical spotlight

Robert Pattinson would never consider showing off his musical talents at an open mike night, because he's too shy. The British actor is a keen guitar and piano player and even writes his own songs, two of which appeared on the Twilight soundtrack. METRO NEWS SERVICES

Celebrity Buzz

The MJ-Hilton connection

CELEBRITY CONNECTIONS Paris Hilton insists that she was the inspiration for the name of Michael Jackson's daughter.

"My mom and Michael went to high school together and they were best friends since they were 13," Hilton told Extra. "So I grew up knowing Michael very well and when he had his daughter, he always loved the name Paris and grew up being an uncle to me. So he asked my mom if it was OK and, of course, she said yes.

"I think Paris is such a beautiful little girl and I'm proud we have the same name."

METRO WORLD NEWS

MJ's not my dad: Alleged love child

CLARIFICATION Omer Bhatti is not Michael Jackson's secret son, femalefirst.co.uk reports.

The 25-year-old Norwegian dancer — who lived with the late pop star at his Neverland ranch for eight years — has reportedly denied all rumours he was Jackson's biological child and says the pair were just "best friends."

According to Britain's Sunday Mirror newspaper, he told a pal: "Michael is not my father. He and I were very, very close. He was my best friend."

The performer joined Jackson's family and three children at the front row of the memorial concert held at the Los Angeles Staples Center on July 7, fuelling speculation he is related to the pop icon.

Jackson — who died of a suspected cardiac arrest last month — is believed to have told friends in 2004 he was Bhatti's biological father after having a one-night stand with his mother, Pia, in 1984. But the dancer reportedly claims this is untrue.

He added to a friend: "Michael always used to say I was like a son to him. But my true parents are here in Norway. The reason why I was asked to sit with his family at the memorial service is because I was Michael's closest friend, not because I am his son." METRO NEWS SERVICES

No cell phones, no exceptions

EVEN THE QUEEN OF POP Madonna had to hand over her cell phone just like everyone else before being admitted to Jennifer Lopez's swank 40th birthday celebration in New York over the weekend.

A-lister or not, every guest was required to check any phones or cameras before entering the Hotel Griffou, according to Hollyscoop.

Guess you can't trust anyone these days.

METRO WORLD NEWS

What about your family, Michael?

GOOD POINT As Michael Lohan emerges as a new advisor to Jon Gosselin on matters professional and personal, sources tell People magazine that the Lohans wish he'd focus on his own family and pay the six months of child support they say he still owes — a debt Michael disputes.

Furthermore, daughter Lindsay, a source reveals, is not currently on speaking terms with her father.

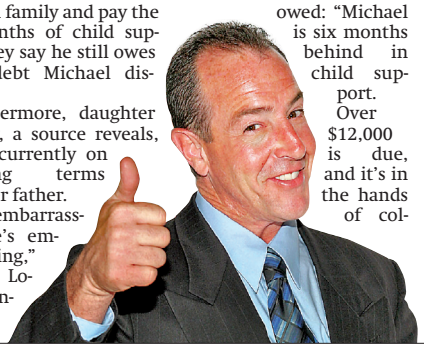
"It's embarrassing, he's embarrassing," said a Lohan insider.

"He's trying to get deals for Jon. Maybe Jon can tell Michael to pay (ex-wife) Dina child support. He's now six months behind."

A second Lohan source confirmed what Dina is owed: "Michael is six months behind in child support. Over $12,000 is due, and it's in the hands of collections now." (While Lindsay is 23 and her brother Michael is 21, Ali, 15, and Dakota, 13, are minors.)

Michael Lohan, however, denies the debt. "That's a total lie. I pay Dina and the kids cash all the time," he told People. "This is being generated from Dina, because she sees all the press about Jon Gosselin and I being together. Dina loves the headlines and hates when anyone else takes her spotlight."

He added, "This is typical of what Jon and I discussed about spouses being vindictive and destroying a relationship between a father and their children." METRO NEWS SERVICES



Ex blabs about Amy's OD

TELL-ALL Now that he's split from Amy Winehouse, Blake Fielder-Civil is dishing on the wilder times in their marriage, including a night when Winehouse almost died of an overdose after a three-day drug binge.

"Her eyes suddenly went blank. She started having a fit on the bed. She slid down on to the floor before I could stop her," he told the Sun. "I thought she was dying in my arms." Fielder-Civil says even he pressured her to sober up: "She had everything going for her. But she ended up behaving badly just to shock. After a while that just becomes a bore. I wanted her to stop."

METRO NEWS SERVICES

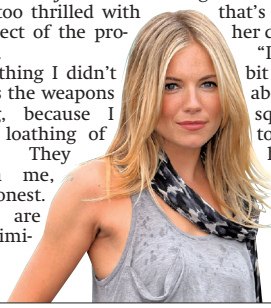
Sienna gets G.I. Joe treatment

TOUGH LIFE Sienna Miller is excited about her new action film, G.I. Joe, but she wasn't too thrilled with one aspect of the production.

"The thing I didn't like was the weapons training, because I have a loathing of guns. They frighten me, to be honest. They are very intimidating," Miller said, according to the Daily Mirror. She also isn't a big fan of the action figure that's been made of her character.

"I find her eyes a bit dodgy," she said about an intense squint on the toy's face. "I had a habit of squinting when I fired and screwing up my face."

METRO NEWS SERVICES



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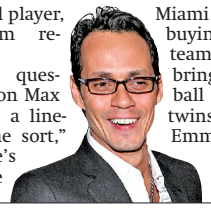
Athletic aspirations for son

PARENTAL PRESSURE Forget singing — Marc Anthony wants his son Max to become a football player, usmagazine.com reports.

"There's no question that my son Max is going to be a linebacker of some sort," he said. "He's showing more promise every day!"

Anthony — who became a minority owner of the Miami Dolphins after buying stake in the team — is excited to bring the fun of football to one-year-old twins Max and Emme.

METRO NEWS SERVICES



Spelling pair feuding again

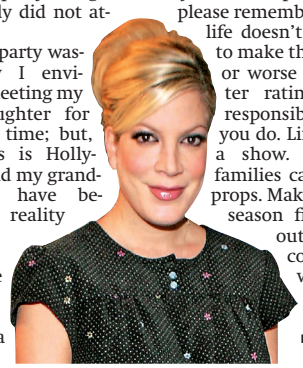
BEEF Long-feuding mother Candy Spelling and daughter Tori Spelling are at it again. The matriarch unleashed a verbal attack on her offspring, saying she has no intention of becoming a bit player on the younger Spelling's Tori & Dean: Home Sweet Hollywood reality series, people.com reports.

In an open letter from Candy, 63, to Tori, 36, published Sunday by TMZ.com, the elder Spelling reacts to the two-part season finale in which Tori makes the "agonizing decision" to invite her mother to Tori and Dean's daughter Stella's first birthday party — a gathering Candy did not attend.

"A big party wasn't how I envisioned meeting my granddaughter for the first time; but, hey, this is Hollywood, and my grandchildren have become reality show props, too," she wrote.

Candy also has a message for reality TV hopefuls: "For all the reality show personalities, please remember that real life doesn't get edited to make things better or worse or get better ratings. You're responsible for what you do. Life isn't just a show. And your families can't just be props. Make your own season finale without creating conflicts you will regret later."

METRO NEWS SERVICES



Megan doesn't lack confidence

NO. 1 FAN Megan Fox thinks she's pretty hot in her upcoming film Jennifer's Body — in which she plays a back-from-the-dead cheerleader who snacks on her classmates — because "it's so unapologetic and inappropriate," according to the Sun.

"I think I'm pretty sexy in it. You'd better put on your sexy shoes for this movie," Fox added. "There's a girl-on-girl kiss."

METRO WORLD NEWS

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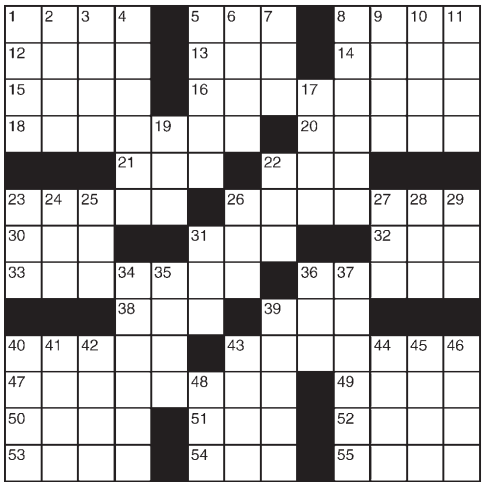
Take Five



ACROSS

1 Recipe meas.
5 Salt Lake tribe
8 Sound of longing
12 Back
13 Gun toters' org.
14 Radius neighbour
15 Plankton component
16 Puns and such
18 Hefner magazine
20 Takes a break
21 A billion years
22 Scratch
23 Chic again
26 *NSYNC or Menudo
30 Raw rock
31 Chip accessory
32 Modern prefix
33 Exquisitely neat
36 Trust
38 Hearty brew
39 Unruly bunch
40 Extremist
43 Grandstand accommodation
47 Driver's protector
49 Hodgepodge
50 Wan
51 "Gosh!"
52 Discourteous
53 Raced
54 Hooter
55 Evidenced a wound

DOWN

1 Snare
2 Telephone inventor
3 Long story
4 Orison
5 Yet to be achieved
6 Helen's home
7 Listener
8 Excellent
9 Troubles
10 Summertime pest
11 Robert of "Airplane!"
17 Wagon
19 Ghost's call
22 Swab the decks
23 Filch from
24 Historic time
25 Sawbuck
26 Jazz cornetist Beiderbecke
27 Blackbird
28 Butterfly catcher
29 Homer's interjection
31 Buck's mate
34 Moved quickly
35 Spill the beans
36 Henhouse threat
37 Soak up
39 Roadside stopover
40 Letter delivery grp.
41 Bound
42 Yarn
43 Huffed and puffed
44 Hebrew month
45 Staffer
46 Pigeon- —
48 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		4		5		9	
		1				5		
	9		6		7		1	
	4	5				9	3	
8								1
	1	7				8	2	
	6		9		2		7	
		3				6		
	5		7		8		4	

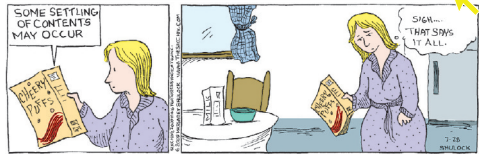
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	W	A	N		S	L	Y		E	S	S	E
O	A	H	U		Y	E	A		S	A	U	L
B	L	O	C		M	O	N	O	C	L	E	S
S	K	Y	L	A	B		K	A	R	A	T	E
			E	R	O	S		R	O	D		
C	U	T	I	C	L	E	S		W	O	R	E
A	S	A		S	I	T	A	R		I	O	N
T	H	U	D		C	U	B	I	C	L	E	S
		T	E	L		P	E	S	O			
I	C	E	B	A	G		R	E	P	O	R	T
M	A	N	A	C	L	E	S		P	L	E	A
A	P	E	S		O	V	A		E	L	A	N
N	O	D	E		M	E	W		R	A	M	S

4	5	7	2	3	8	6	1	9
2	9	6	1	7	5	3	8	4
3	1	8	4	9	6	2	5	7
1	6	2	5	4	3	9	7	8
9	7	3	8	6	1	4	2	5
8	4	5	7	2	9	1	6	3
7	2	1	9	5	4	8	3	6
5	3	9	6	8	2	7	4	1
6	8	4	3	1	7	5	9	2

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca



Metro Recipe of the Day

Beef and Beet Coleslaw Sandwich

INGREDIENTS:

1/3 cup (75 ml) light mayonnaise
1 tbsp (15 ml) wholegrain mustard
4 large whole wheat rolls
1 ½ oz (50 g) watercress or arugula leaves
10 oz (300 g) lean rare roast beef, thinly sliced
7 oz (200 g) red cabbage, finely shredded
1 small red onion, thinly sliced
5 oz (150 g) cooked beets, peeled and coarsely grated
1/3 cup (75 ml) low-fat natural yogourt

METHOD:

1. In large bowl, mix mayonnaise and mustard. Split rolls in half and spread bottom half of each with this mayo and mustard mixture.
2. Top bases with watercress or arugula and divide slices of roast beef among them.
3. In same bowl as used for mayonnaise, make coleslaw by mixing red cabbage, red onion and beets. Add yogourt and stir to coat. Pile coleslaw on top of beef, season with freshly ground black pepper, then put tops of rolls back on. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Others will want to do things for you today, and who are you to refuse a helping hand?

TAURUS ♉
APRIL 21-MAY 21
If there is something you want today, something that only a particular person can give you, then come right out and say so.

GEMINI ♊
MAY 22-JUNE 21
You will find it amazingly easy to express yourself, and as a result relationships generally, and affairs of the heart in particular, will go very well indeed.

CANCER ♋
JUNE 22-JULY 22
Something you hear when you really should not have been listening will start a train of thought that leads you in some interesting directions.

LEO ♌
JULY 23-AUG 23
You seem to know what others are going to say before they actually put their thoughts into words, which is kind of creepy but useful too.

VIRGO ♍
AUG 24-SEPT 22
You seem to have withdrawn into your shell a bit of late, which is understandable as the Sun is transiting the most sensitive area of your chart.

LIBRA ♎
SEPT 23-OCT 23
No matter how busy your schedule may be, you must make time for your friends and your family.

SCORPIO ♏
OCT 24-NOV 22
A remark you toss into a conversation might not be meant seriously but someone will take it that way, so watch what you say.

SAGITTARIUS ♐
NOV 23-DEC 21
Something will happen today that makes you wonder if there are things going on behind the scenes that you should know about.

CAPRICORN ♑
DEC 22-JAN 20
Money matters and business issues are under favorable stars and there is reason for optimism as far as your wealth situation is concerned.

AQUARIUS ♒
JAN 21-FEB 18
It might be best to make your excuses and leave if you find yourself being dragged into a dispute that really has nothing to do with you.

PISCES ♓
FEB 19-MARCH 20
Find ways to get everyday chores out of the way quickly today. The best way, of course, is to get others to do the boring stuff for you.

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BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Salute a reading system for the blind (1)
2. Yours truly will smooth fingernails (1)
3. Actress Fonda's linked necklaces (1)
4. Tightly curled stair-walking toy (2)
5. Separates from actor Keanu (1)
6. Excessive pride for a sea cow (3)
7. Forty-winks catcher's candy coverings (2)

ANSWERS
1. HALL BRAILLE 2. ILL PILE 3. JAMES CHAINS 4. KINKY SLINKY 5. LEAVES REEVES 6. MANATEE VANITY 7. NAPPERS WRAPPERS

7-28-09

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Taxes & fees: $204

Punta Cana via Toronto
Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Sept. 5-27 • 1 wk.
Upgrade to Royal Club luxury rm. for $229 per person
$559
Taxes & fees: $327

Samana via Toronto
Gran Bahia Principe El Portillo • 4 1/2 ★
All-Inclusive • Standard rm.
Sept. 6-27 • 1 wk.
$639
Taxes & fees: $327

Holguin via Toronto
Playa Costa Verde • 4 ★
All-Inclusive • Standard rm.
Aug. 8-22 • 1 wk.
$799
Taxes & fees: $229
Departure tax: 25 CUC cash, paid locally.

Santa Clara via Toronto
Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
Aug. 15 & 22 • 1 wk.
$889
Taxes & fees: $229
Departure tax: 25 CUC cash, paid locally.

St. Lucia via Toronto
Coconut Bay Beach Resort & Spa • 4 ★
All-Inclusive
Deluxe gardenview rm.
Sept. 6, 13 & 27 • 1 wk.
$1279
Taxes & fees: $230

Cancun / Riviera Maya
Occidental Grand Xcaret • 4 1/2 ★
All-Inclusive • Deluxe rm.
Dec. 19 • 1 wk.
$1549
Taxes & fees: $262

Barbados via Toronto
Almond Casuarina Beach Resort • 4 ★
All-Inclusive • Standard rm.
Sept. 8-30 • 1 wk.
$1969
Taxes & fees: $190
Based on Tues.-Thurs. departures.

DEAL to EUROPE

London
Barkston Gardens • 3 1/2 ★
Breakfast
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Sept. 6, 16, 17 & 19 • 1 wk.
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